

Supply Kit Checklist

Water

_____ At least one gallon of water per person per day. (Water should be stored in thoroughly washed plastic, fiberglass or enamel-lined metal containers. Do not use containers that can break such as glass bottles).

Food (You can use the canned foods, dry mixes and other staples in your cupboard shelves. Canned foods do not require cooking, water or special preparation).

_____ Food items that you might consider including in your disaster supply kit include; ready-to-eat meats, fruits, and vegetables; canned or boxed juices, milk, and soup; high-energy foods like peanut butter, jelly, low-sodium crackers, granola bars, and trail mix; vitamins; foods for infants or person on special diets; cookies, hard candy; instant coffee, cereals, and powdered milk.

_____ Manual Can Opener

First Aid Supplies Assemble a first aid kit for your home and for each vehicle. The basics for your first aid kit should include:

_____ First Aid Manual

_____ Sterile adhesive bandages in assorted sizes

_____ Assorted sizes of safety pins

_____ Cleansing agents (isopropyl alcohol, hydrogen peroxide)/soap/germicide

_____ Antibiotic ointment

_____ Latex gloves (2 pairs)

_____ Petroleum jelly

_____ 2-inch and 4-inch sterile gauze pads (4-6 each size)

_____ Triangular bandages (3)

_____ 2-inch and 3-inch sterile roller bandages (3 rolls each)

_____ Cotton balls

_____ Scissors

_____ Tweezers

_____ Needle

_____ Moistened towelettes

_____ Antiseptic

_____ Thermometer

_____ Tongue depressor blades (2)

_____ Tube of petroleum jelly or other lubricant

_____ Sunscreen

_____ Prescription Medication - Ask your physician or pharmacist about storing prescription medications. Be sure they are stored to meet instructions on the label and be mindful of expiration dates - be sure to keep your stored medication up to date

_____ Extra pair of prescription glasses or contact lens

_____ Aspirin and non-aspirin pain reliever

_____ Antidiarrhea medication

_____ Antacid (for stomach upset)

_____ Syrup of ipecac (use to induce vomiting if advised by poison control center)

- _____ Laxative
- _____ Vitamins

Tools and Emergency Supplies

Tools and Other Items

- _____ A portable, battery-powered radio or television and extra batteries
- _____ Flashlight and extra batteries
- _____ Signal flare
- _____ Matches in a waterproof container (or waterproof matches)
- _____ Shut-off wrench, pliers, shovel and other tools
- _____ Duct tape and scissors
- _____ Plastic sheeting
- _____ Whistle
- _____ Small canister, A-B-C type fire extinguisher
- _____ Tube Tent
- _____ Compass
- _____ Work gloves
- _____ Paper, pens and pencils
- _____ Needles and thread
- _____ Battery-operated travel alarm clock

Kitchen Items

- _____ Manual can opener
- _____ Mess kits or paper cups, plates, and plastic utensils
- _____ All-purpose knife
- _____ Household liquid bleach to treat drinking water
- _____ Sugar, salt, pepper
- _____ Aluminum foil and plastic wrap
- _____ Re-sealing plastic bags
- _____ If food must be cooked, small cooking stove and a can of cooking fuel

Sanitation and Hygiene Items

- _____ Washcloth and towel
- _____ Towelettes, soap, hand sanitizer, liquid detergent
- _____ Tooth paste, toothbrushes, shampoo, deodorants, comb and brush, razor, shaving cream, lip balm, sunscreen, insect repellent, contact lens solutions, mirror, feminine supplies
- _____ Heavy-duty plastic garbage bags and ties -- for personal sanitation uses--and toilet paper
- _____ Medium-sized plastic bucket with tight lid
- _____ Disinfectant and household chlorine bleach
- _____ Consider including a small shovel for digging a latrine

Household documents and contact numbers

- _____ Personal identification, cash (including change) or traveler's checks, and a credit card

_____ Copies of important documents: birth certificate, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunizations records, bank and credit card account numbers, stocks and bonds. Be sure to store these in a watertight container.

_____ Emergency contact list and phone numbers

_____ Map of the area and phone numbers of place you could go

_____ An extra set of car keys and house keys

Clothes and Bedding

_____ One complete change of clothing for each household member. Extra socks, underwear, thermal underwear.

_____ Rain gear, hat and gloves

_____ Footwear for each household member. Shoes should be sturdy work shoes or boots

_____ Sunglasses

_____ Blankets or sleeping bag for each household member, pillows

Specialty Items (Remember to consider the needs of infants, elderly persons, disabled persons, and pets and to include entertainment and comfort items for children)

_____ For Baby - formula, diapers, baby food, teething gels, powders and diaper rash creams

_____ For the Elderly - medication, dentures and cleaning supplies, hearing aids and batteries

_____ For Pets - Food, water dish and water for pets, medication, toys

_____ Entertainment - books, games, quiet toys and stuffed animals

Work Place Disaster Supply Kit

_____ Personal supply of water and food

_____ Comfortable flat shoes - for women who wear high-heels to work, in case an evacuation requires walking long distances.

Car Disaster Supply Kit

_____ Keep a small disaster kit in the trunk of your car

_____ Add items for severe winter weather during months when heavy snow or icy roads are possible --salt, sand, shovels, and extra winter clothing, including hats and gloves. For summer weather -- extra water, tarp for shade, sunglasses and sunscreen.